

“A glimpse into the world proves that horror is nothing other than reality.”

Alfred Hitchcock

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NEW MEMBERS

DCV warmly welcomes new members

Lucy Labson
Michael and Davye Gould
Abigail Nichols and Carl Nelson

President's Letter

---Iris Molotsky

“Villagers are like snowflakes—look at what they can do when they stick together.”

Bob Brancato, National Coordinator for the Elder Justice Coalition, caught our attention with this remark at this year's Village-to-Village National Village Gathering. Brancato was one of the presenters at a session on aging policy advocacy, which was a major theme throughout this year's meeting.

Taking advantage of the Washington location, a Capitol Hill Day was planned. Although none of the DC contingent could visit Congressional representatives because we are denied representation, we learned much about advocacy that will be useful for us in DC.

Brancato's message was concise. It's all about relationships:

- between organizations and coalitions
- between individuals and Congressional staff, in our case Council members' staff
- among grassroots organizations.

He also made an interesting observation about federal funding: Is it an expenditure or investment? Providing drug coverage for our aging population costs money, but healthier seniors reduce overall health-care costs.

His closing advice was “it all starts with stories.” Find an emblematic person(s) to get your message across. Remember how effective Harry and Louise were?

The advocacy theme was continued in the breakout sessions on the second day, where DCV partnered with Capitol Hill Village (CHV) for a general session, “Becoming a Presence in Local Politics,” moderated by Executive Director Bernice Hutchinson. Julie Maggioncalda, CHV Director of Volunteer and Social Services, outlined effective lobbying and advocacy approaches, and CHV members Mary Proctor and Marie Guillory described CHV's housing and transportation initiatives.

I used our age-friendly business initiative as an example of effective local partnerships. By working with Historic Dupont Circle Main Street, which funded our project, we were able to achieve our objective of making local merchants aware of the need for age-friendly practices.

We are now in the final stage of the project. A number of local merchants have agreed to



FROM THE President



allow us to send “mystery shoppers” to their businesses to assess whether they meet the standards recommended in “Age-Friendly Business Practices: Strategies for Marketing to Aging Consumers,” which we developed from the data collected from surveys of DCV members and neighborhood merchants.

We have several “mystery shoppers” lined up but could use a few more. If you are interested in volunteering to visit local businesses, please contact Bernice or me. We will provide you with a list of the items we want evaluated and have a training session prior to the visits.

The final presenter for our session was Dr. Ruth Finkelstein, Assistant Director of the Robert N. Butler Aging Center and Assistant Professor of Health Policy and Management at Columbia University. She was FANTASTIC. Using AIDS Coalition to Unleash Power (ACT UP) and the HIV-AIDS crisis in the 1980s and 90s as examples of “in your face” activism, she emphasized the need to make our voices heard. “Be shrill, be angry, be assertive,” she urged. “We know what services are needed, what concerns must be addressed,” she added, “and we need to make sure we make the case for ourselves.” Ruth was the last speaker on the last day, and what a note to end on. Her standing ovation was well deserved.

Many of you may be familiar with the work of Dr. Andrew (Andy) Scharlach of the University of California, Berkeley, who has been studying the Village movement since it began. His collection of data and analyses of practices have provided a foundation for promoting and expanding the Village concept nationally. Citing his latest work, Andy looked at the impact Villages have had in the aging community:

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MONTHLY Calendar

Writer's Coffee

**Wednesday, October 15,
11:00 am – 12:30 pm**

The Cake Room, 2006 18th Street, NW
Bring a piece of writing of your own to share with the group. If you don't have anything to share at the moment, please come anyway. RSVP to Kathy Cardille at kcardille@gmail.com, and let her know if you would like to have the ideas and sources gathered at previous discussions.

Actor's Process Workshop for Seniors

**October 18, 11:00 am - 2:00 pm
& October 19, 12:00 – 5:00 pm**

Workshop will include exercises on voice, movement and improvisation skills and culminate in the reading of a play. \$150 for entire weekend. For reservation call Anderson or Roma at 202/232-7267, ext. 399.

DCV Knitting Group

Monday, October 20, 4:00 pm

Dupont Circle Village Office, 2121 Decatur Street, NW, upstairs room
Please join this new group for an hour of knitting and sharing ideas, patterns and projects. If you have questions, contact clairierre@verizon.net or 202/332-5501. RSVP to kcardille@gmail.com.

Dining in Dupont, Giovanni's Trattu

**Tuesday, October 23,
6:00 – 8:00 pm**

Giovanni's Trattu Italian Restaurant
1823 Jefferson Place, NW
Join fellow Villagers for a wonderful night in Italy at Giovanni's Trattu. \$25, payable in cash, including tax and tip. Drinks are extra. RSVP by October 17 to Kathy Cardille at kcardille@gmail.com.

Live and Learn, Medicare Open Season

**Monday, October 27,
3:30 – 5:00 pm**

First Baptist Church of the City of Washington, 1328 16th Street, NW, entrance on O Street

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From left: Iris Molotsky, Bernice Hutchinson and Ruth Finkelstein, Assistant Director, Robert N. Butler Aging Center and Asst. Professor of Health Policy and Management, Columbia University.

President's Letter, continued from page 1

- access to services
- community building
- capacity building
 1. individual functionality
 2. service delivery system.

He also looked at the type of health outcomes promoted by Villages:

- falls reduction
- desire management
- health-related services (transportation, medical advocacy)
- reduced hospital use
- psychological well-being/improved quality of life
- enhanced feeling of safety and security
- decreased need for residential care.

Scharlach urged increased use of health-care partnerships. He suggested that the Centers for Medicare and Medicaid Services (CMS) undertake more innovation, that social care and medical care be considered jointly, that greater attention be given to care transition programs and, finally, that corporate employers be responsible for long-term-care insurance. He added that, in many cases, home-care providers may be capable of providing individuals with information about the pros and cons of long-term-care insurance.

As you can see from this brief overview, this year's annual meeting was informative, provocative and dynamic. And the food was good, too. ■

Calendar, continued from page 2

Co-Director of the Health Insurance Counseling Project, Chris DeYoung will speak on what is covered by Medicare, what changes can be made during Open Enrollment, Medicap choices and other Medicare questions. Free for Villagers; \$10 for others. Facility is wheelchair accessible. RSVP to Linda Harsh, 202/234-2567 or lindajkh@mac.com.

**Screening of the film *Codebreaker*
Monday, October 27, 7:00 pm**

Archives Foundation, Special Events Entrance, Corner of Constitution Avenue and 7th Street, NW

Free showing of docu-drama about Alan Turing, the British mathematician who laid the groundwork for virtually everything we do with computers today. Pender McCarter will greet Villagers outside the McGowan Theatre at 6:30 pm. The movie will be followed by a Q&A session with senior producer Patrick Sammon. RSVP to kcardille@gmail.com.

**Picnic Lunch on Sycamore Island
Tuesday, October 28,
11:30 am – 2:30 pm**

Villager Abigail Wiebenson has generously invited DCV to picnic and play at the Sycamore Island Club on the Potomac River, 7 miles north of Dupont Circle. Villagers will meet in front of Abigail's home (1916 S Street, NW) for the 15-minute drive to the parking lot on Canal Drive. From there, we will be taken by ferry to the island. Sandwiches and side dishes will be supplied by Abigail and Kathy. Please bring your own drinks. The event requires physical fitness and is limited to 12 people. Cost is approximately \$10, depending on how many people participate. Please RSVP no later than October 24 to Kathy at kcardille@gmail.com.

**Dining in Dupont
Tuesday, November 18,
12:00 – 2:00 pm**

Commissary-Your Neighborhood Place, 1443 P Street, NW
Enjoy lunch in this casual, neighborhood café, where much of the menu is locally sourced from Eatwell Farms in Maryland. RSVP to kcardille@gmail.com. ■

Let's Talk About Chronic Pain

---Bernice Hutchinson,
Executive Director

It was just an ordinary evening. I retired to bed and had an uneventful night of sleep. But, when I arose, something was different. I had severe pain in my left shoulder. As the days went by, my pain became more intense, reaching the point where I scheduled a medical appointment. I was diagnosed with bursitis. Suddenly, I became one of the millions of Americans who live everyday with chronic pain.

Chronic pain is a growing problem for older adults in this country. Recognizing the root causes of such pain, the unique medical needs of older adults and the modern approach towards pain self-management is critical for the proper care, reduction and elimination of these conditions.

We are a nation with an aging populace and, as a result, greater attention is focused on healthcare problems that are more common for older adults. Research indicates that half of older adults who live on their own suffer from chronic pain. And, often, such pain among older adults goes either untreated or under-treated. The health consequences of chronic pain can be serious and include depression, anxiety, decreased mobility, social isolation, sleep apnea and a range of related health risks.

There are natural changes that occur with aging that affect pain; sleep patterns change, muscles and joints gradually become more rigid, and your physical and mental energy decrease. Often, older adults do not reveal that they are in pain because they are unaware that it can be treated or think that treatment will involve expensive tests and/or medication. In addition, there are conditions such as vision or hearing loss or dementia that can limit or complicate the older adult's ability to communicate effectively the nature of the pain they are suffering.

Treating pain in older adults requires special attention, particularly when there are nutritional problems or multiple medical issues,

such as diabetes, heart disease or arthritis.

Communicate about pain. It is so important to have informed conversations with health-care providers about pain and pain management. In the end, it may help you to identify, manage and end chronic pain.

Consider asking your doctor the following:

- What is causing my pain?
- What can I do about it?
- If prescribed, what is the name of the medication(s) I will be taking?
- What should I know about side effects, the best time to take the medication(s) and the interaction with other medication(s)?
- Are there ways to manage my pain without the use of medication?
- What role do diet and exercise play in managing my pain? ■



Kudos

Kudos to us all! According to a list circulated by Mayor Vincent Gray at the Village-to-Village National Village Gathering, Forbes magazine listed the District of Columbia the #1 Coolest U.S. City.

A little closer to home, we want to salute DCV committees and their chairs for the hard work and dedication they bring to our Village. The Executive Committee, Board of Directors and the Executive Director set policies and goals, but the committees are the engines that implement them. We would also like to call attention to our newest committee, Public Affairs, and thank Board member Marty Davis and member Nick Cavarocchi for getting it underway and developing a strategic plan.

As DCV matures, committees are playing an increasing role in advancing our mission as a caring, connecting organization. To help you get to know and appreciate them, they are listed on page 7.

The Village Concept at Work: It Works

---Garry B. Hutchinson, Volunteer Coordinator

Each month, I am amazed and inspired by the accomplishments, activities and participation of our members and volunteers (many of whom are in both categories). The Falls Prevention Screening Day held at George Washington University Hospital, the National Gathering of the Village-to-Village Network held at the Crystal City Marriott and the AARP Smart Driver safety course held in our office demonstrate emphatically the realization of the original vision for Villages: maintaining members' intellectual and physical vibrancy and supporting their continued independence.

Along with DCV's President, President Emerita and Executive Director, I attended the National Gathering of the Village-to-Village Network. Among its many purposes, this conference celebrated established, emerging and developing Villages and all the members working numerous hours to ensure their success. The conference occasioned a tremendous sharing of information and networking of organizations to strengthen the Village movement and those who benefit from it. And that brings me to the most striking observation I brought back from the conference.

The Village movement does not just make it possible for aging individuals to remain in their homes. It also assists municipalities by providing services that would otherwise come from local government agencies. It has also prompted studies that have uncovered the important contribution of the older consumer to local economies and has increased the role of seniors in the national conversation regarding the social design of communities as it pertains to housing, transportation and the environment.

One of the many ways we empower seniors to maintain their independence is with information and training pertaining to safety in their homes and in the community. Villagers at the Falls Prevention Screening Day not only volunteered their time and energy to mak-

ing it a success, they also went through the screening process. Getting screened for balance, vision and medications made participants more aware of their strengths and weaknesses regarding mobility. Becoming more aware of the danger zones in their homes and while they are walking helped to make them safe. The Falls Prevention Screening was a powerful event and tool.

Similarly, the AARP Smart Driver's workshop provided useful insight into how we may adapt to changes in ourselves, our vehicles and our environments. We are aging, and this means that our sight may not be as sharp, our reflexes not as quick and our flexibility (relevant to our ability to turn our heads or look over our shoulders) not as great. Cars are more powerful, responsive and agile. Signs and signals are everywhere, especially with the new addition of bike lanes. In this complex environment, we must remember to Keep Calm and Carry On. The Villagers and volunteers attending this six-hour workshop were introduced to safety techniques for driving while getting a refresher on relevant rules of the road for where and when we drive.

Each month, members and volunteers demonstrate what goes into the fully realized life, of what it means to be a Villager, and why this movement can mean so much more to our broader society. ■



Above: Bob Reed presenting at the Safe Driving course. Below: Sandy Burns at Falls Prevention Screening.

Volunteer Photo Day



Left: Garry Hutchinson and Jane Cave. Above: On the way to the photo shoot.



A Banner Year

DCV General Meeting, September 17, 2014

A banner crowd turned out to mark a banner year for DCV. President **Iris Molotsky** welcomed everyone, and thanked all members, committees and volunteers who have worked so hard to make this the best year ever. Yes, DCV is a maturing organization, but it is still a growing organization, and Iris focused on integrating the two: continuing to emphasize growth while encouraging sustainability and accommodating the needs of maturity.

Executive Director **Bernice Hutchinson** introduced keynote speaker, **Dr. John Feather**, CEO of Grantmakers in Aging (GIA). GIA is a membership organization comprised of foundations engaged in philanthropic activities for seniors. (www.giaging.org)

Dr. Feather's presentation was geared to the needs of the growing senior population in this country. He said that "with 11,000 Americans turning 65 every day, we can expect what's being called a silver tsunami in the near future." How to make sure it's not destructive? It is critical to get a clear picture of the needs and wants of older people and ask ourselves what we are doing to make this phase of life better for ourselves and others.

Sustainability is a central issue. There are many initiatives like the Village movement underway, but how do you keep them going? Dr. Feather underscored the importance of the political aspects of promoting sustainability. Issues of social justice and gentrification come into play, as do the sometimes competing priorities of different demographic groups, such as the desire for schools and playgrounds for children versus accessible transportation for an aging population.

Progress depends on understanding and integrating the needs of all community groups, and this takes time. Think big, he counseled, but act small. Good politics are also important for cultivating foundation relationships and attracting scarce, competing resources. (Only 2-3 percent

of philanthropy goes to work on aging.) Here in DC, we are not starting from scratch. The issue is how to pull the pieces together and frame them in a coherent, politically savvy manner. GIA's website has many resources on this topic.

President's Report. Iris summarized DCV's achievements for the year. Membership is up to 165, with a near-term goal of 200. Our finances are in good shape; we even ended the year with a surplus and have started a reserve fund. These are all good signs of a healthy, mature and stable organization. Our goals continue to be sustainability and growth, and we are steadfastly moving in the right direction.

In connection with the search for a new president, Iris noted that one of the things about growing larger and stronger is that it means more work. The job of president is a major commitment of time and energy. Perhaps, as the organization matures, we should think of the president as coordinator rather than doer of all, and also consider the idea of a co-presidency. We should also look to committee chairs to strengthen the role of the committees (see box) and have them play even greater roles in running the organization.

Iris recognized all current board members and introduced new board members **Kathy Cardille, Marty Davis, Joan Ludlow** and **Mary McIntosh**.

Bernice highlighted the major areas of focus over the year in her Executive Director's report:

- a) **The strategic plan** has become the underpinning of everything we do.
- b) As part of the focus on sustainability, we have **expanded our boundaries** to include portions of Adams Morgan and are looking into Mt. Pleasant.
- c) The new website about to be launched is key to our efforts to **increase visibility**.

d) Our goal of **developing partnerships** includes writing grant proposals to Whole Foods, Ross School, Kramer Books, Dupont Circle Main Street, PNC Bank, and others. DCV is in the forefront of the **age-friendly business initiative**. There are plans to conduct mystery shopping trips to local businesses to assess their age-friendliness. We need shoppers for this effort (contact Bernice).

e) The silent auction and celeb salons helped make this an outstanding year for **fund raising**.

Volunteer Coordinator **Garry Hutchinson** said our volunteers have contributed 6200 hours over the year, consisting primarily of transportation and light household and shopping chores. We also established formal volunteer training sessions. Going forward, volunteer activities include: new website; falls prevention screening day at George Washington University; driver safety certification program; and partnerships with Ross Elementary School and School Without Walls.

Membership Chair **Abigail Wiebenson** stressed team effort as the key aspect of membership building. We mean it when we say "each one reach one." The membership team calls people we are concerned about or who are unable to get out. The team also acknowledges everyone who renews, sends birthday greetings and writes to people who are leaving. As of six months ago, about 12 percent of our membership was Membership Plus. We hold new member dinners bi-monthly and have conducted surveys to determine members' expectations and how to involve them more in Village activities. ■ SL

The Economics of Same-Sex Marriage

On October 2nd, DCV and PNC Bank sponsored a presentation on the financial treatment of marriage and its implications for the modern family. The speaker was Max Barger, who is Vice President and Senior Wealth Planner at PNC Wealth Management and a member of the Planning for Same-Sex Couples National Practice Group. Barger opened with a big question: "Should we get married?" His presentation was summarized in his excellent handout, which is reproduced below with minor edits.

The proposition of marriage is a different question for gay and lesbian couples who have successfully managed life together for years without the formal institution of marriage. Are there underlying economic costs to saying "I do" that could deter some same-sex couples from marrying? Here are some things to consider.

Paying Taxes

Filing your taxes is not generally a novel event; however, filing a 1040 jointly with a spouse became a novelty for many same-sex couples this year. For the first time, same-sex couples were allowed to file their tax returns as "married." But at what cost?

For some couples, marriage can help reduce their tax burden. Whether marriage saves money or results in higher taxes depends on factors including the individuals' income levels, and whether the married couple files "jointly" or as "married filing separately." While a couple with disparate incomes may benefit from marriage, the venture may be costly for a couple when both members have high incomes. The problem is known as the "marriage penalty." Although Congress has greatly reduced the problem, couples in that trap may pay more for being married.

Protecting Property

One of the most important but least understood benefits of marriage is the ability to protect your assets from future creditors. In some states and the District of Columbia, married couples may take title to assets such as their home in a way that prevents creditors from

taking those specially titled assets. This is particularly helpful when, for example, one member of the couple has to file for bankruptcy because of an illness, a failed business, or being upside-down in a big mortgage.

This special titling is called "Tenants by the Entirety" (TBE). Once a couple is married, they may title some or all their assets as TBE. The creditors of either member of the couple cannot take the assets titled as TBE to the married couple. If the couple owned the assets simply in a "joint tenancy," a creditor of either could take some or all of the jointly titled property.

Benefits, Retirement, and Social Security

Many states do not recognize marriage equality. The benefits afforded to married couples – and the costs of those benefits – vary widely from state to state. This gets a little complicated. If your employer recognizes same-sex marriages and offers spousal benefits such as health insurance, same-sex couples may be able to "benefit shop" to find the best healthcare and other benefits – and not pay income taxes on those benefits. The benefit of marriage in this situation is that the value of those benefits (paid by the employer on behalf of the employee) is not taxable income. For unmarried domestic partners who receive the same employee benefits (if the employer offers them to domestic partners), the value of the benefits IS taxable income to the employee. However, if the same-sex married couple lives in a state without marriage equality, those benefits are taxable at the state level.

A same-sex couple may also consider the potential Social Security benefits available with marriage – and where they choose to retire. What heterosexual married couples have enjoyed for years is a spousal increase in Social Security benefits when a spouse dies. Domestic partners don't get this benefit. For some couples, marriage could mean more financial security when a spouse dies, but gay and lesbian couples must live in a marriage-equality state to receive this benefit.



It is a little confusing, but since Social Security is a federal program that is administered at the state level, state law determines if the marriage is recognized. That makes retiring in Delaware (a marriage-equality state) more financially attractive than retiring in Florida (not a marriage-equality state) for many same-sex couples.

Your Stuff, My Stuff, Our Stuff

With increased benefits come increased responsibilities. Marriage is a contract, and the laws of your state of residence determine your responsibilities. Unless you have a valid prenuptial agreement, saying "I do" is like giving away half of your assets. "Equitable distribution" (a term straight couples are familiar with) means generally that your marital assets are divided in half upon a divorce. This could be costly for some.

The positive side of responsibility comes with control when one member of a couple is sick or dies. Where same-sex marriage is recognized, gay and lesbian couples enjoy the peace of mind that they are in charge of making decisions for a sick spouse and will be in control of the spouse's estate at death, absent other arrangements.

However, because marriage equality is not universal, there is no substitute for creating a financial and estate plan – getting your documents in order – even if you are married.

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Economics - continued from page 6

Get Advice

With the opportunity to marry later in life or after amassing personal wealth, gay and lesbian couples may find themselves more concerned with the economics of marriage than with picking out china patterns. While one cannot reduce the emotional decision to marry to a frigid economic analysis, it is better to know what lies ahead financially when making a life-changing decision. One thing is certain: there is wisdom in getting good, coordinated advice from your legal, tax, and financial advisors. (Note: Barger's views should not be construed to be the position of PNC Bank or its affiliates.)

Mr. Barger concluded the session with the wisdom of two well-known sources: Dr. Phil and Rodney Dangerfield. When asked whether marriage is a benefit or a burden, Dr. Phil described being married as a benefit of marriage. Rodney Dangerfield, on the other hand, described being married as a burden of marriage. ■ SL

¹ Same-sex couples, blended family or unmarried couples

DCV Committees & Contact Information

Committee

Activities
Public Affairs

Finance
Fundraising
Governance

Health and Wellness

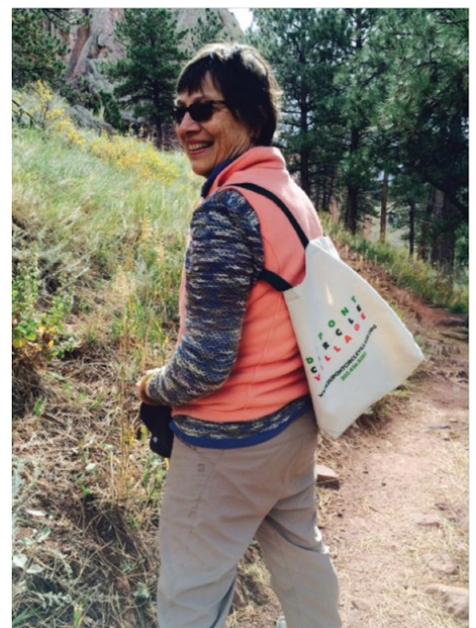
Live and Learn
Membership
Sunday Soup Salon

Chair/Contact

Kathy Cardille
Martis (Marty) Davis
Nick Cavarocchi
Linda Harsh
Iris Molotsky
Kenlee Ray
Burke Dillon
Sloan Rogers
Karen Carolan
Ann McFarren
Nancy Hartsock
Abigail Wiebenson
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Above: Abigail Wiebenson and the DCV tote bag hiking in Boulder, CO. Left: Washington, D.C. in the fall

A Towering Tale

New Development at the Washington Hilton

Tucked between the back of the Washington Hilton Hotel and the side of its pool, and sitting so high that it's invisible from any of the streets bounding the hotel, is a land area that had become so pastoral that all that was missing was the sheep. Good thing, too, because they'd likely be covering under the towering crane – 316 feet tall with a 245-foot swing radius – that appeared late September to begin the transformation of a gloriously open, luxuriously useless “pasture” into an 11-story, 200-230-unit residential tower.

Yes, the five-year reprieve from the expected development of the Washington Hilton is over. The \$150 million, curved (like the Hilton) building, which was approved, despite neighborhood protest, by the Historic Preservation Review Board in 2008 and again in January 2011 had stalled because of the economic downturn, but its resumption was never seriously in doubt. The old tennis court and pool were torn down shortly after Lowe Enterprises and Earvin “Magic” Johnson’s Canyon-Johnson Urban Fund bought the 1,100-room Hilton in 2007 for \$290 million and got the necessary approvals. Although the pool was replaced and re-sited, its much smaller footprint left over a big chunk of land that went to pasture while the developers pursued their next priority: a \$150 million renovation of the hotel itself.

That being over, development stalled yet again while the “Magic” Johnson group sought to refinance its debt. A new arrangement was reached in August 2013 with a decision to split off the residential portion of the development from the hotel and sell it to an affiliate of Lowe Enterprises for \$22 million. By October, Lowe had received a construction permit for the high rise. Almost a year later, the treasured “pasture” became a construction site.

The Washington Hilton site is no stranger to towering development aspirations, though some of the grandest schemes went unfulfilled. George Washington, for example, was asked to consider the crest of the hill in Widow’s Mite, the land now occupied by the Hilton, as the site for the nation’s capital because of the panoramic view the site afforded. In 1820, a small, Federal-style house was built on the wooded hillcrest, which featured a 400-year-old, towering oak tree with a legendary history. In 1873, a new owner named the 10-acre estate Oak Lawn in recognition of that oak, greatly expanded and remodeled the house and sold off the property shortly thereafter as Washington began to expand.

In 1922, the property was sold for \$900,000 to the Grand Lodge of Free and Accepted Masons. According to Paul Kelsey Williams’ account in the December 2009 issue of *The InTowner*:

That group had been seeking a vast site for a huge complex of buildings that would make a statement for several years.... Architects James Marshall and Frank Pierson designed a series of neoclassical temples for the site, central tower, and an auditorium that would seat 3,000. The projected building cost of \$3 million plus site and architect costs resulted in an eight-year fundraising campaign, only to be halted by the onset of the stock market crash in late October 1929....



The site and its deteriorating house were left in peace until 1940, when a developer hired the illustrious Frank Lloyd Wright “to design a \$12 million mix of commercial, entertainment, parking, hotel and apartment towers that were unprecedented on a national scale.... [T]he proposed 2,500-room hotel alone was more than double the size of the...Hilton that occupies the same amount of land today.” Between difficulties in securing funding and the refusal of the DC zoning board to give the project a variance, Williams tells us, this prophetically named “Crystal City” project was aborted.

The old house on the bucolic hillcrest was destroyed in 1952. A year later, the ancient oak tree was cut down, along with the other trees on the site. In the early 1960s, real-estate developers again set their sights on the now naked hill, this time successfully. In 1965, where once had stood a towering oak now stood the Washington Hilton. (Additional sources: Michael Neibauer, “Washington Hilton to get an 11-story addition - - finally,” *Washington Business Journal*, Oct 17, 2013; Stephen A. Hansen, *Kalorama Triangle: The History of a Capital Neighborhood*, The History Press, 2011.) ■ BR



End of Life: Compassion & Choices

*Live & Learn,
September 22*

Coming days after the National Institute of Medicine issued its scathing report about *Dying in America*, the September 22nd *Live & Learn* on end-of-life-choices could not have been timelier. Featuring Brandi Alexander, Regional Campaign and Outreach Manager for Compassion & Choices, the premier organization for promoting death with dignity, the session familiarized DCV participants with the rich, practical resources offered by the organization and addressed many of their concerns.

Ms. Alexander began with Advance Directives, “your opportunity to put down your wishes for end of life.” Asked how Advance Directives differ from Living Wills, she explained that the former deals only with medical issues while the latter is more general. Many people discover as they begin to draw up their Advance Directives that what seemed so clear in the abstract is murkier when working through possible scenarios (e.g., do not resuscitate or artificially feed/hydrate under any circumstances, limited circumstances, etc.). To help people clarify their views, Compassion & Choices developed a Values Worksheet, which is part of the organization’s Good to Go Toolkit. And because most Advance Directives do not account for a situation in which a person suffers from severe dementia but is neither unconscious nor dying, the Toolkit also includes a model Dementia Provision that individuals can incorporate in their Directives.

To give even more specificity to Advance Directives, Compassion & Choices has developed a form, which is also included in the Toolkit, that sets down your instructions with respect

to the use of specific medical procedures that could save or prolong your life despite their being little chance of regaining mental or physical function. One participant asked what to do when you don’t have the medical knowledge you might need to understand the consequences of your instructions or even how much disability or pain you might be willing to endure in the future. Ms. Alexander urged talking to your physician about the medical questions -- though at this point only doctors in NY and CA are required to discuss all available end-of-life options -- and to your loved ones about everything else. The Values Worksheet can also help clarify your thinking, as can representatives from her organization, who can be contacted through the website.

Although the Patient Self-Determination Act requires hospitals to honor patients’ Advance Directives, Ms. Alexander cautioned that some religion-affiliated hospitals will not do so. While they are within their rights, the Act nonetheless requires them to find you a physician or other facility that will honor your wishes. Know your rights.

She also suggested that giving your Power of Attorney to your spouse or children is not always wise. Sometimes they may not agree with your choices, and sometimes, even when they do, they are too emotionally distraught to implement them when the time arrives. A number of Villagers corroborated that point with their own anecdotes. “Choose someone who’ll best represent your wishes,” Ms. Alexander counseled, even when there may be some hard feelings.

Having an Advance Directive and, preferably, additional documents such as the ones discussed above is an absolutely crucial condition for realizing your end-of-life wishes. But it is not a sufficient condition. Those documents must also be known and available to people who may have to act on your behalf. One way of doing that is through Everplans, whose July 28th *Live & Learn* presentation was reported in the September

2014 DCV Newsletter. But sometimes, those documents must be available on a just-in-time basis. For example, if you’re stricken at home, someone calls an ambulance and the emergency responders find you dead, they are still duty bound to try to revive you if there’s any chance of success, unless you have a Do Not Resuscitate order that can be produced immediately. (In recognition of this, one participant said she was thinking of posting her Advance Directive on her apartment door.)

Educating yourself, planning, lining up your necessary documents, having difficult but necessary conversations with your loved ones and physicians – you can do everything right yet still have your end-of-life wishes thwarted. Not everything is in our control. As Ms. Alexander’s presentation and the stories of the participants made clear, however, trying to do everything right maximizes the likelihood of having the kind of death you seek, while failing to do so minimizes it. ■ BR

The Good to Go Toolkit and other invaluable resources are available at www.CompassionAndChoices.org.



Front: Brandi Alexander

Out & About with DCV

Dance Metro DC and DCVillage Joint Project. In its inaugural collaboration, DCV and Dance Metro DC presented an enchanting and innovative program of Bharatanatyam dance choreographed, performed and demonstrated by Tehreema Mitha. Trained in a dance form that is based



in Hindu devotional themes, Tehreema brings her art into the 21st century by integrating classical and contemporary techniques to address modern issues of our day that have meaning for all of us. She came to



the US from Pakistan 14 years ago when she realized that she would not be able to achieve her artistic goals in a country that was becoming increasingly conservative. Here in the U.S., she is able to continue her pioneering exploration of traditional and modern movements, thereby enabling all of

us to appreciate the joy and symbolism of Bharatanatyam. Tehreema's performance was enlightening, and our pleasure was all the more heightened by her invitation to the audience to participate.

In addition to having over 60 dances in her repertoire, Tehreema creates her own music, composing, singing, recording and collaborating with local and international musicians. The subject of two documentaries, *And She Dances On...* and *The Vigil*, she has trained many dancers in Pakistan and the U.S. Besides designing the dance programs and costumes, she paints and sells her paintings, writes a blog and is currently writing an autobiography. She is to be the first Artist in Residence at the newly opening Agha Khan Museum in Toronto in October 2014.

Dance Metro DC is a collective of individuals and organizations that are committed to making dance thrive in the DC metropolitan area. DCV looks forward to an interesting and productive collaboration.

Dining in Dupont. A robust group of Villagers enjoyed a hearty lunch at RiRa Irish Pub on September 23. Meticulously restored with architectural features salvaged from Gerry Nangles Pub in Dublin, RiRa's ambience transported us back to early 20th century Ireland. Good cheer abounded.



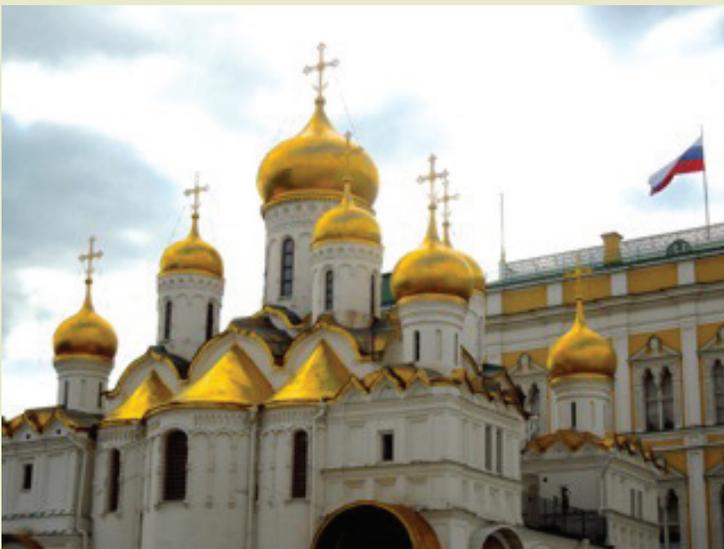
Hillwood Museum Tour. From opulent interiors to elegant and sylvan gardens, Hillwood, the fabulous home of the late Marjorie Merriweather Post, is a feast for the eyes. The DCV tour attendees enjoyed an informative tour of the home's interior spaces and had the opportunity to wander the grounds on their own. A temporary exhibit of Mrs. Post's dazzling Cartier jewels was an unanticipated bonus. ■ SL



Contributors: Meera Wolfe, Lois Berlin, Larry Steubing

Where Are They Now?

Ted Bracken recently returned from a tour of Russia with a joint college group. "After spending a couple of days in Stockholm to get over the jet lag," he writes, "I met the tour group in St. Petersburg for three days, and then we all went up the lakes and rivers connecting St. Pete with Moscow over the period of a week and arrived in the capital city for a three-day visit there. It was an absolutely fascinating trip and one of my 'bucket list' destinations." Next up: Hawaii in November and the Galapagos in February.



Linda Harsh spent the beginning of October in New England, first meeting up with family in Boston, then driving to Vermont to visit more family and then returning to Boston for some sightseeing.



Nick and Joan Ludlow are enjoying October in Spain's Catalonia Province, visiting the antiquities, museums and various other sites of Barcelona, the Costa Brava and Tarragona.



■ BR and the travelers



---Judy duBerrier

Salads in a jar: A perfectly nutritious, perfectly unique idea. Pack them up for a picnic or anytime you are heading to a gathering where you don't want to bring the usual calorie-laden sandwich. Thanks to **Abigail Wiebenson** for passing on her friend's recipe.

Spinach Salad in a Jar (serves 4)

- 1 cup baby spinach leaves
- ¼ cup extra-virgin olive oil
- 1 cup shredded beets
- ¼ cup apple cider vinegar
- 1 cup canned garbanzo beans (chickpeas), drained and rinsed
- 1 TB Dijon mustard
- 2 tsp honey
- 4 half-pint canning jars with lids and rings or 2 pint jars, depending on serving size
- salt and ground black pepper to taste

Layer ¼ cup spinach, ¼ cup beets, ¼ cup garbanzo beans and ¼ cup shredded carrots into each of four jars. Combine olive oil, vinegar, mustard, honey, salt and pepper in a separate jar; place lid on jar. Shake until dressing is evenly combined. Pour ¼ the



dressing over each salad.
For take-to-work lunches: Put the dressing in the jar first, then layer other veggies, making sure you put the greens in last, so they don't touch the dressing. Don't shake until ready to eat. It will keep a few days in the fridge this way if the greens don't contact the dressing.

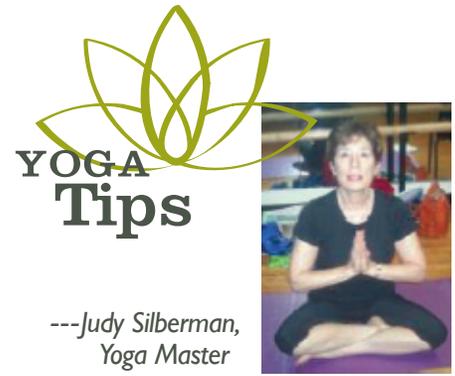
Customizing Salads in a Jar

Pour 1-4 tablespoons salad dressing (depending on taste and size of salad) in the bottom of each jar. Layer on a combination of any of the following ingredients in the order given: raw and/or cooked hard vegetables; cooked beans, grains or pasta; cheese and/or other protein (e.g., tuna, hardboiled eggs, tofu) (optional); softer vegetables and/or fresh or dried fruits (optional); nuts, seeds or lighter grains (e.g., quinoa, millet); and salad greens. If you are making the salad to eat days ahead, wait to add the proteins and soft fruits and vegetables until the day you are planning to eat the salad.

Storing: Screw the lid on the jar, and refrigerate for up to 4-5 days. If you're including cheese, other proteins or soft fruits and vegetables, add these to the top of the jar the morning you plan to eat your salad.

Tossing and eating: When ready to eat, unscrew the lid, and shake the salad into the bowl. This shaking action is usually enough to mix the salad with the dressing. If not, toss gently with a fork until coated, or shake the salad in the jar, and eat from the jar.

Questions/comments:
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---Judy Silberman,
 Yoga Master

We spoke a few months ago about using an old tennis ball to self-massage. Lay on the floor or on your mattress with knees up, and place the ball under the right shoulder. Lean onto the ball, extend the right arm, and write the alphabet in the air with your index finger. Change the ball to the left shoulder, and write the numbers 1-26 in the air. Then, sit up and place the ball under one buttock. Lean onto the ball, and by using your hands and feet, squirm around on the ball for about 30 seconds, as firmly as you like. Switch to the other side. Keep awareness of your breath as you focus on the involved muscles. The ball pushes away old blood, which fresh blood replaces when you remove the ball, thus energizing the muscles. ■

The Dupont Circle Village is a non-profit volunteer organization that connects neighbors to services and educational, cultural/social and health and wellness activities. Please consider a donation now or remember us in your will.



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